

GFUL 2010 TRAINING PROGRAM and EVENT CALENDAR

Session	Day	Date	Meeting Schedule	Fitness Training	Field		Boundary		Goal		Development Squad	Group Meeting	Mentor Program	Accreditation Program
					Training Session	Instructor	Training Session	Training	Training Session	Instructor				
Session 53	Tuesday	10 Aug 2010	Coaching Panel Meeting	Week 2 Urgency running 400m pace										
	Wednesday	11 Aug 2010	Pay Day											
Session 54	Thursday	12 Aug 2010	Meeting Separate Disciplines				Focus on 1% leading into finals - centre square/returning ball Throw for dough	Finals preparation	Finals - what is expected Fun night on oval	Allan/Colin				
	Saturday	14 Aug 2010	GFJFL Qualifying Final											
	Sunday	15 Aug 2010	GFJFL Elimination Final											
Session 55	Tuesday	17 Aug 2010	Board	Week 3 Urgency running 400m pace										
Session 56	Thursday	19 Aug 2010	Finals Launch				Running activities Throw ins Throw for dough challenge	One per centers	No GU training					
	Saturday	21 Aug 2010	GFJFL 2nd Semi Final - BFL/GDFL Qualifying Final											
	Sunday	22 Aug 2010	GFJFL 1st Semi Final - BFL/GDFL Elimination Final											
Session 57	Tuesday	24 Aug 2010		Week 4 Urgency running 400m pace										
Session 58	Thursday	26 Aug 2010					Focus on 1% Game based activities Throw for dough	One per centers	Review season Training positioning Belmont Common	Allan/Colin				
	Saturday	28 Aug 2010	GFJFL Preliminary Final - BFL/GDFL 2nd Semi Final - GFL Qualifying Final											
	Sunday	29 Aug 2010	GFJFL Preliminary Final - BFL/GDFL 1st Semi Final - GFL Elimination Final											
Session 59	Tuesday	31 Aug 2010		Week 5 Urgency running 400m pace										
Session 60	Thursday	2 Sep 2010	Meeting All umpires				Focus on 1% Game based activities Throw for dough	One per centers	Refining position for Finals	Allan				
	Saturday	4 Sep 2010	GFJFL Grand Final - BFL/GDFL Preliminary Final - GFL 2nd Semi final											
	Sunday	5 Sep 2010	GFJFL Grand Final - GFL 1st Semi final											
Session 61	Tuesday	7 Sep 2010	Coaching Panel Meeting	Week 6 Urgency running 400m pace										
Session 62	Thursday	9 Sep 2010	Auction Night				Throw for dough FINAL Throw-a-thon FINAL	One per centers	Mini golf challenge	Leadership				
	Saturday	11 Sep 2010	BFL/GDFL Grand Final - GFL Preliminary Final											
Session 63	Tuesday	14 Sep 2010		Week 7 Urgency running 400m pace										
	Wednesday	15 Sep 2010	Pay Day											
Session 64	Thursday	16 Sep 2010					Focus on 1% leading into finals - centre square/returning ball	One per centers						
	Saturday	18 Sep 2010	GFL Grand Final											

FINALS